RYAN GOSLING HEATS UP THE SCREEN
BLUE VALENTINE OSCAR WORTHY? {page 15}

VEGAN STEW WITH FLAVOUR, COLOUR
MEAL FROM THE MEDITERRANEAN {page 19}

DEBATE
COUNTRY NOT THAT STRONG?
REEL GUYS {page 13}

OTTAWA metro®
Weekend, January 7-9, 2011
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News worth sharing.

Cops investigate explosive device

- IED found by police had right components, but assembled incorrectly
- Police used robot to retrieve explosive from car's trunk

Ottawa police will get more time to investigate a bizarre incident involving a traffic stop that led to the discovery of an improvised explosive device in the trunk of a car, in the Glebe, late Tuesday night.

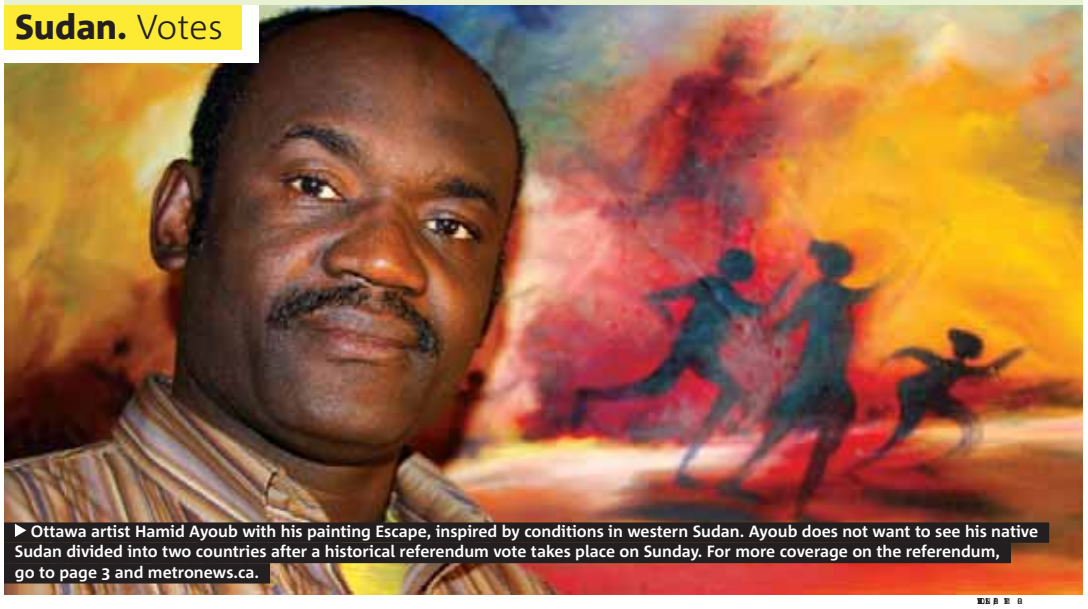
Chad Baillargeon, 35, of Gatineau, had a brief courtroom teleconference Thursday in Ottawa, where his lawyer Jeff Langevin agreed to adjourn the case to Monday. Baillargeon is facing a raft of weapons offences including possession of an explosive substance with intent to endanger life and possessing an explosive substance while prohibited.

"I've met briefly with him and I will be going to see him at jail to get some instructions."
CHAD BAILLARGEON'S DEFENCE LAWYER JEFF LANGEVIN

Outside court Langevin said he had not dealt with his client before and had only had time to meet briefly with Baillargeon.

SEAN MCKIBBON

Sudan. Votes



▶ Ottawa artist Hamid Ayoub with his painting Escape, inspired by conditions in western Sudan. Ayoub does not want to see his native Sudan divided into two countries after a historical referendum vote takes place on Sunday. For more coverage on the referendum, go to page 3 and metronews.ca.

Hoping for the best in Sudan's referendum

"People are uniting now, not separating," said Hamid Ayoub, an Ottawa artist, on the situation in his native Sudan. Millions of Sudanese will vote on whether the south should become an independent nation following nearly 20 years of bloody civil war. "Brothers and sisters can fight and misunderstand each other but they are still brothers and sisters."

JOE LOFARO

Finding home

From life of war to life in Ottawa

Afghan interpreters working with Canadian military settle in Canada Escape assassinations, attacks on families, kidnappings {page 4}

How tears can be a turnoff for men

Study looks at what goes on chemically inside a man when a woman cries {page 12}

Siblings to share freedom and an organ

Imprisoned sisters set to be free — but one must donate kidney to the other {page 6}

Harper promises no deep cuts

PM says focus on creating jobs, growth still 'very fragile' {page 10}

Getting his second chance

Hollywood actor gets his 'good guy' role {page 14}

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Bike-lane plan gets mixed reviews

The city's plan to split segregated bike lanes off either side of Laurier Avenue between Elgin and Bronson seems to be dividing cyclists as well.

"It's the protection against heavy traffic that will draw more cyclists out, especially women and older people," said Dianne Cox of Cycling Vision Ottawa, which supports the plan.

Avery Burdett of the Coalition for Responsible Cycling, a bike lane sceptic, thinks the project's $1.3-million budget could be better spent.

"I would look at a very, very big campaign to educate cyclists on the facts of cycling, the reality, and why cyclists get into trouble and what they can do to avoid getting into trouble," he said.

Shamus Cain, a downtown bike courier, said he'd really appreciate the segregated lanes, especially during rush hours.

"Hopefully, it would raise awareness also that there's bikers out there, too," he said. "Most people don't even notice you're out there until it's too late."

STEVE COLLINS

STEVE COLLINS/FOR METRO

▶ Bike courier Shamus Cain, one of the few cyclists on the road this time of year, favours bike lanes on Laurier.

Locals will join vote on Sudan's future

Separation is 'the price of peace': Sudan Ambassador

JOE LOFARO
OTTAWA@METRONEWS.CA

The Sudanese ambassador to Canada, Elsadig Almagly, will be hoping for a divided Sudan after a crucial referendum vote on Sunday.

Many expect the vote will lead to the creation in July of a southern Sudanese state, independent from the north.

"If the peace is not realized with unity, it's going to be realized with separation," said the ambassador.

He described secession as an "administrative separation" because the links and ties will remain intact.

"It's better than to continue fighting each other in a united Sudan," he said.

Referendum

Sudan will hold a referendum Sunday on separation or unity.

- There are close to four million registered voters in southern Sudan.
- The vote is the culmination of a 2005 peace deal ending a north-south civil war that lasted two decades and killed two million people.
- Anyone who has a parent or ancestor from a southern tribe can vote, as can anyone whose parents or grandparents have been in the south since Jan. 1, 1956.

THE ASSOCIATED PRESS

900 people from Ontario are registered to vote in the referendum this Sunday.

PETE MULLER/THE ASSOCIATED PRESS FILE

▶ Pro-separation activists march in southern Sudan last week.

1 news

U.S. woman held in Iran on claims of spying with microphone in her teeth. Scan code for the story.

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SEAN KILPATRICK/THE CANADIAN PRESS

▶ Afghanistan interpreter Ghulam Wali Noori at his home in Ottawa. Noori is one of 28 interpreters who had assisted Canadian troops and now live in Canada.

'Voices of war' now settled in Canada

Afghan interpreters working with Canadian soldiers face assassinations, kidnappings, attacks on families

When he headed home after work in Kandahar, Ghulam Wali Noori would never take the same route twice.

As an interpreter working with the Canadian military, he was a prime target of insurgents looking to punish Afghans involved with coalition forces.

Now, his front door is protected only by a buzzer coder and his route home is almost always the same — Ottawa public transit.

Noori is one of about 28 interpreters now settled in Canada, more than a year after the federal government launched a program to help Afghans working with the Canadian mission in Kandahar immigrate to Canada.

"This kind of situation is the ... worst situation in (Afghanistan's) history. If everyone is leaving Afghanistan, so who will be there for peace?"
GHULAM WALI NOORI, AFGHAN INTERPRETER NOW LIVING IN OTTAWA

The special immigration measures for Afghans working with the Canadian mission in Kandahar were announced in October 2009 by Immigration Minister Jason Kenney as a result of the "extrodinary risks" the workers face.

Before moving to Ottawa, Noori had been living and working in Kabul as an adviser in the Karzai government. But from 2006 to 2009, he worked alongside Canadian soldiers training the Afghan National Army.

"We were Canadian," Noori, 28, says of the hundreds of Afghan interpreters who have worked with the Canadian mission since 2002. "Ethically, it is the (government's) responsibility, humanitarily this is their responsibility: To rescue, to save those people who worked with them in dangerous situations."

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Freed from jail to share a kidney

GETTY IMAGES

▶ Jamie, left, and Gladys Scott going home to Florida.

Donation is part of release deal

Two imprisoned sisters who have pledged to share a kidney were to be freed Friday as part of a deal to suspend their life sentences for armed robbery.

Jamie and Gladys Scott are set to be released from a state prison just east of Jackson, Miss.

They plan to head to Pensacola, Fla., where their mother and children live, said corrections commissioner Chris Epps.

Gladys Scott's release order requires her to donate a kidney to her sister, who is suffering from kidney failure and requires dialysis.

The two women have been held in different parts of the Central Mississippi Correctional Facility in Pearl for the past few years, and it's unlikely they had much interaction in the sprawling complex.

THE ASSOCIATED PRESS

New York. Reunion

▶ Hi Mom: Ted Williams, 53, meets his mother Julia, 90.

DORAL CHENOWETH III/COLUMBUS DISPATCH/THE ASSOCIATED PRESS

Golden voice, golden day

Just days ago, Ted Williams was living in a tent near an Ohio highway. Thursday he was in New York for an emotional reunion with his 90-year-old mother. The panhandler and ex-radio announcer's life changed when he was spotted holding a sign extolling his velvety voice and asking for help. NBA's Cleveland Cavaliers offered him announcing work and other job offers have flooded in.

Man admits to murder, stuffing bodies in tree

An unemployed tree-cutter told a court Thursday he killed three people, stuffed their bodies in a hollow tree and raped a 13-year-old girl.

Matthew Hoffman, 30, pleaded guilty to aggravated murder, burglary, kidnapping and rape.

He was sentenced to life in prison without possibility for parole.

"This is so sickening, Matthew, to know you even had the guts to do this," the girl said in a statement read in the Ohio court.

An indictment alleged Hoffman killed Tina Herrmann; her 11-year-old son, Kody Maynard; and neighbour Stephanie Sprang while stealing from Herrmann's home Nov. 10.

He also was charged with kidnapping the teen and raping her at his home in Mount Vernon. She was found bound and gagged in his basement.

"This has changed my whole life," the girl said.

THE ASSOCIATED PRESS

Mudslide kills couple, two kids

16 The worst-hit state is Minas Gerais, where officials said 16 people either drowned or were buried in mudslides.

A couple and their two young daughters died in a mudslide in Sao Paulo state, Brazilian authorities say.

The deaths bring the death toll from heavy flooding to at least 35.

More than 30,000 people across the country have been forced out of their homes.

Heavy rains have been pummelling Sao Paulo, Rio de Janeiro and Espirito Santo states since Christmas.

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‘Code of silence’ stalling probe over gang rape?

- ‘We can’t force people to talk to us,’ officer says
- Alleged victim says bullies forced her out of school

Police say a “code of silence” among teens may be preventing them from laying more charges in what they believe may have been a gang rape of a 16-year-old girl at a B.C. rave party last fall.

Police announced charges Thursday against two more men in the alleged September sexual assault, but said they can't pry enough evidence out of the teenage witnesses for more charges.

“We can’t force people to talk to us, whether they’re a group of teenagers or whether they’re the most hardened criminal,” Sgt. Peter Thiessen told reporters.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Sgt. Peter Thiessen talks to reporters on Thursday.

The case shocked police and the public when just hours after the incident photos and video of the alleged attack in the Vancouver suburb of Pitt Meadows had been posted on social media websites including Facebook.

Colton Ashton McMorris, 18, of Maple Ridge has now been charged with sexual assault and Dennis John Allen Warrington, 19, of Langley has been charged with production and distribution of child pornography.

Another 16-year-old boy was charged last fall with production and distribution of child pornography.

Meanwhile, the girl says she has had to leave school because of bullying.

But she says she is now stronger than she has ever been.

THE CANADIAN PRESS

India. Breathing easy

▶ Pot is no pipe dream for this Hindu holy man.

BIKAS DAS/THE ASSOCIATED PRESS

Holy smoke

A Hindu holy man takes a puff of pot at a transit camp in Calcutta, India, on Thursday. His next stop is an annual holy dip with pilgrims at the confluence of the Ganges and the Bay of Bengal.

Premier hints he’s pondering early exit

Premier Dalton McGuinty dropped a bombshell during an interview with CTV on Thursday, suggesting for the first time that he may not serve another full term if re-elected.

Flanked by his wife, Terri, on a couch in his Queen’s Park office, McGuinty gave his clearest signal yet that the Oct. 6 election will be his last.

“If you win in October, are you going to serve out your four years?” asked CTV’s Paul Bliss.

Normally, McGuinty, who was elected premier in 2003, responds to such questions by saying he plans to remain in office until at least 2015.

Under Bliss’s grilling, however, the 55-year-old premier changed his tune.

“Uh, I’m not going to speculate as to how long,” said McGuinty, a beatific smile suddenly splashed across his face.

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DODGE CARAVAN KIDS SIRIUS SATELLITE RADIO

PM puts knife away, promises no 'deep cuts'

Health care, education are safe, he says ◗ Instead, he'll focus on job creation ◗ Growth still 'very fragile'

No deep cuts — that's the message from Prime Minister Stephen Harper.

Harper says the next federal budget will focus on reducing the deficit and controlling expenses.

Limited spending will be aimed at encouraging job creation and economic growth, Harper said Thursday.

"We will have to make choices in terms of priorities, but we are not looking at deep cuts," he said in Windsor, Que.

"We are certainly not looking at cuts to transfers to provinces for things like health care and education."

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Stephen Harper

The government, Harper said, will focus on job creation in the new year, adding that stimulus spending is wrapping up.

"It really is the end of the first phase of our economic action plan — the stimulus phase — which has been a great success. Now we will be focused on deficit reduction."

Harper lauded Canada's economic recovery to date, saying it has surpassed that of most other developed countries.

At the same time, he stressed that global economic growth is still "fragile, very fragile."

Harper called on the opposition to avoid triggering an "opportunistic election," saying Canadians want their elected officials to improve the country's economic situation instead.

THE CANADIAN PRESS

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New tablets expected from Motorola, Dell and Toshiba, but not from Microsoft

Instead of unveiling an elegant response to the iPad, Microsoft came to the tech industry's premier gadget show with a collection of exposed computer guts, news about microchips and a shallow preview of yet another Windows.

The uninspiring performance served as a reminder that the world's largest software maker remains years from a serious entry into the tablet craze, raising more doubts about whether Microsoft will ever be able to grab a meaningful piece of this fast-growing segment.

CEO Steve Ballmer mostly lingered on what went right last year when he gave the company's customary keynote on the eve of the International Consumer Electronics Show on Wednesday. He had his share to boast about. Xbox 360 and the Kinect motion-sensing controller that's racked up more than $1 billion in sales in just two months, a groundup overhaul of the Windows smart-phone software and rapid adoption of Windows 7 on PCs are all real successes.

Still, it's hard for anyone to applaud Microsoft without noting the threats posed by the growing popularity of Apple Inc.'s iPad. Last year, Apple's market capitalization surpassed Microsoft's, making Apple the second-largest U.S. public company after Exxon Mobil Corp. THE ASSOCIATED PRESS

JULIE JACOBSON/THE ASSOCIATES PRESS

▶ Microsoft CEO Steve Ballmer

Market moment

PHOTOS AS OF 5 P.M. THURSDAY

TSX	Dollar	Oil	Natural gas
– 84.32 (13,311.67)	– 0.05¢ (100.36¢ US)	– $1.92 US ($88.38 US)	1,000 cu ft $4.54 (+ 10¢) Gold contracts $1,371.70 (– $2.00)

Economists bullish despite new poll

Cheer up, gloomy Canadians — the recession is long over and growth will continue this year, say the country's top economists, despite a survey which has found that most Canadians believe the economy is still in a downward spiral. THE CANADIAN PRESS

38% The Economic Club and Pollara poll found that only about 38 per cent of respondents feel the Canadian economy will improve in the next few months.

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CONTRIBUTED

▶ Scott Florence

5 MINUTES WITH: SCOTT FLORENCE

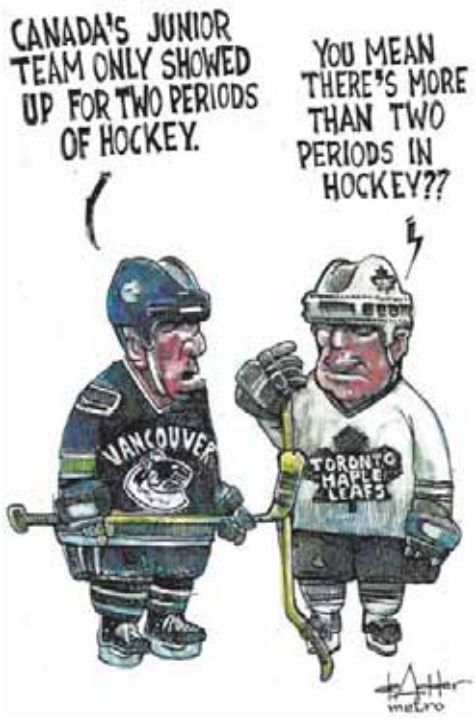
Scott Florence is the Big Fool (and artistic director) of Ottawa's A Company Of Fools theatre troupe.

What are the Fools up to?
Right now I'm busy running around getting the costumes and printing the programs and all of those exciting last-minute details as we get ready for our annual Twelfth Night celebration.
What happens there?
Well, Twelfth Night is the traditional end of Christmas, so we have a big old party to say "Goodbye Christmas," and hello to a brand new year of A Company Of Fools and all of our shenanigans.
Why does A Company Of Fools generally stick with Shakespeare?
Shakespeare is one of the cultural touchstones of our times and at the Fools we don't like to take anything too seriously, and so if you're going to have a little fun at theatre and politics and anything, you might as well start with those established things, and Shakespeare's one of them.
What's the most blasphemous, inappropriate thing you've ever done to a Shakespeare play?
Well, we created a show called Richard III In Bouffon. Buffon is a style of monsters, essentially, evil deformed clowns who want the opposite of what all right-thinking, morally upright humans want, and they put on Shakespeare's play. So it was quite vicious and nasty and ugly, and we had a great time doing it.
You're also known for encouraging the audience to come in really close to the action and then make it part of it. Why do you do that?
It's a bit fascist if all of the action takes place with the actors up on stage. That's not democracy, that's not collaborative work. We really are a theatre company that lives and dies with the audience and so it really is important to us to make sure the audience is having a good time, to read the audience well and have a great spirit of play with them.
Are you looking forward to performing outside again this summer?
I really enjoy playing outdoors. When you perform in an uncontrolled environment such as the outdoors, you really don't know what's going to happen, so it just adds that unpredictable, chaotic element that I think makes live theatre truly interesting and entertaining.

STEVE COLLINS

Cartoon

MICHAEL DE ADDER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YOU MEAN THERE'S MORE THAN TWO PERIODS IN HOCKEY??
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metro

An emotional turnoff

Worth mentioning

If a crying woman's red nose isn't a big enough turnoff to a man, a surprising experiment found another reason: Tears of sadness may temporarily lower his testosterone level.

Those tears send a chemical signal as the man gets close enough to sniff them — even though there's no discernible odour, say researchers from Israel's Weizmann Institute of Science.

It's the first such signal to be found in tears, and it's probably not unique to women. Theirs just were the first to be studied.

"It's hard to get men to volunteer to cry" in a lab, noted Weizmann neurobiologist Noam Sobel, senior author of the study appearing in Friday's edition of the journal Science.

Emotional tears are chemically different from the reflex tears that form when you get dust in your eye. But biologists have long puzzled over the true function of emotional tears: Are they merely cathartic, or do they have some other physiological role?

"We have never looked at tears in this way before," said Dr. Esen Akpek of Johns Hopkins University's Wilmer Eye Institute, who wasn't involved with the new study. "This is really interesting." THE ASSOCIATED PRESS

Waterworks

THE ASSOCIATED PRESS

What's your view of the Canadian junior team's loss?

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Metro Minute at Mayfair Theatre

Charlie Chaplin fans will be glad to hear that the Mayfair Theatre will be launching its first ever Charlie Chaplin festival during the month of January.

Until Jan. 13, the Bank Street theatre will be screening eight of his movies on 35 millimetre film.

Screenings of some of his classics already started, but you still have time to catch some of his great ones. The Kid and The Gold Rush will both screen on Saturday. On Sunday, visitors can catch Limelight and A King In New York.

For the full schedule, visit www.mayfairtheatre.ca.

JOE LOFARO

Three days to play

DID YOU MAKE NEW YEAR'S RESOLUTIONS?

John Paez
OTTAWA
No, I don't really believe in making resolutions. Everybody says they make them, but they can't keep them, so what's the point?

Matt Wanguy
OTTAWA
Yes, I did. Become a better person, and succeed in what you want to believe in.

▶ Gwyneth Paltrow and Tim McGraw star in Country Strong.

Reel Guys

RICHARD CROUSE & MARK BRESLIN
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Not strong enough

Richard Crouse and Mark Breslin debate the merits of Country Strong
Paltrow gets bogged down with a necklace, while Hedlund steals the show

Richard Crouse: The first line of Country Strong's catchiest song, Give Into Me, is "I'm gonna wear you down," and sure enough the movie did wear me down in the last 30 minutes. For the first hour or so I thought the film had as much authentic country spirit as a Muzak version of a Hank Williams song, but it finally won me over.

Mark Breslin: Really? It never won me over, it just got worse as it ambled from cliché to cliché. Did we really need a remake of Crazy Heart? Although I must admit that Gwyneth looks better in a short skirt than Jeff Bridges ever could.

RC: I admit the script is thick enough with clichés to choke Roy Rogers's horse and it has the blandest direction this side of Hee Haw, but I was won over by Garrett Hedlund. He walks away with the movie, stealing it outright from Gwyneth Paltrow, who can't be down home no matter how hard she tries.

MB: You're right about Hedlund. And I actually didn't mind Tim McGraw. But it's Gwyneth's movie to win or lose, and she's horribly miscast. Why not Faith Hill? Or get a Judd — any Judd. By the way, what kind of rehab facility lets you wear a half million dollars of bling as you kick alcohol?

RC: That necklace bugged me too! I get not taking off the giant wedding ring, but no matter what she was doing — throwing up in a garbage can, staggering around backstage — I was distracted by the glitter around her neck. She has a couple of moments though — a nice scene with a Make-A-Wish child and a drunken backseat conversation with Chiles — but the character is so thinly written there's very little for her or the audience to hang onto.

MB: Sorry, but I found that the scene with "Leukemia Kid" was the most exploitative part of the movie. I did like her advice scene with her young rival, which played out quite realistically for me. But the script was so full of inadvertent howlers that the flick will do for country music what Showgirls did for lap dancing.

RC: It is manipulative, too long and while I liked it more than you, I thought that despite its downbeat subject matter — the flipside of fame, alcoholism and jilted love — it wasn't quite authentically hurtin' enough to qualify as real country.

Plot synopsis

In Country Strong Gwyneth Paltrow plays Kelly Canter, a troubled country music superstar whose husband (Tim McGraw) pulls her out of rehab to plot her comeback tour. While getting clean she befriends orderly Beau (Tron: Legacy's Garrett Hedlund) who also, conveniently, happens to be a musician. Beau ends up sharing the tour's opening slot with beauty-queen-turned-singer Chiles Stanton (Gossip Girl's Leighton Meester), and all four end up sharing more than just music and road stories.

2 scene

News in brief

De Niro will head the jury at this year's Cannes Film Festival.

The veteran American actor and director will lead a nine-member jury for the May 11 to 22 festival on the French Riviera.

De Niro's charisma may provide a Hollywood boost to Cannes. Last year's event was lighter than usual on star power and featured a line-up that left many critics unimpressed.

The Thai film Uncle Boonmee Who Can Recall His Past Lives won the top honour at the 2010 festival.

THE ASSOCIATED PRESS

Universal Orlando's Harry Potter attraction marks 1M sales of frothy butterbeer

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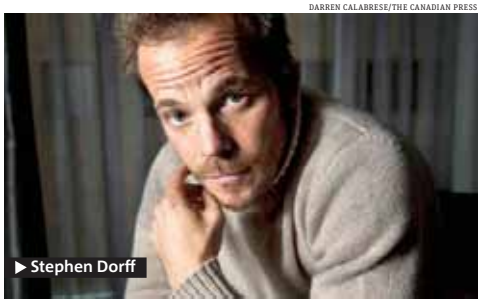
Shining in his second chance

DARREN CALABRESE/THE CANADIAN PRESS



▶ Stephen Dorff

Stephen Dorff wanted a second chance.

Roughly a decade after ascending from bit TV parts to become one of Hollywood's hottest stars in the '90s, he found himself stuck and fading back into minor roles.

A juicy role as the kingpin vampire in 1998's Blade pigeonholed him as the go-to villain, ushering in a string of bad-guy parts he says he just wasn't interested in. He says it took friend and filmmaker Sofia Coppola to see something in him that others didn't, and create for him "the ultimate character" in her lyrical father-daughter tale, Somewhere.

"All actors are waiting for a role like this to come along but I've been waiting to play a good guy again for a long time," the Atlanta-born Dorff says in a recent interview at a Toronto hotel. "I've always tried to do different kinds of movies and went through weird periods where I wasn't getting some of the movies I wanted and I became kind of the ultimate villain. I never could get out of getting offered villain roles."

That changed when Coppola came to him with the role of Johnny Marco — a Ferrari-driving, pill-popping movie star who drifts through his privileged life in a numb stupor. When not making paint-by-number action films, Johnny lives at L.A.'s infamous Chateau Marmont hotel where he entertains strippers in his room and guzzles beer solo on the couch.

Johnny is forced to grow up and face reality when he's suddenly saddled with taking care of his 11-year-old daughter, Cleo, played by Elle Fanning.

Their relationship unfolds quietly through pensive scenes in which they share breakfast, play video games, or go for a swim.

The film won the Golden Lion at the 2010 Venice Film Festival.

THE CANADIAN PRESS

Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Plenty of old school mayhem

Season of the Witch
Genre: Adventure/Fantasy
Director: Dominic Sena
Stars: Nicolas Cage, Ron Perlman, Claire Foy
●●●½

The only thing that's missing from director Dominic Sena's offbeat medieval shocker Season of the Witch is the old Hammer Films logo at the header because this is exactly the sort of fever-pitched, melodramatic pulp the famed U.K. studio once excelled at. Throughout the 1960's, Hammer unleashed a glorious torrent of trashy gothic potboilers into international theatres, movies with blood, hammy acting, action, supernatural hokum and cheap thrills aplenty.

Season stars Cage and ever-cool B-movie savior Ron Perlman (Hellboy) as jaded wandering knights fallen from grace with the church, who are nonetheless conscripted by a plague ridden cardinal (Christopher Lee) to transport a suspected witch (Claire Foy) to a monastery for an exorcism. Seems this waif has been thought by the clergy to be a sort of satanic patient zero who brings pestilence to all she passes. Along the way, weird things begin to happen, Cage overacts and rages with his usual aplomb, demon wolves eat people and the future of mankind hangs in the balance. And everyone keeps a refreshingly straight face.

Comparisons to Christopher Smith's current festival favourite Black Death are obvious, but while that picture is a far artier and serious thriller, the briskly paced, never dull Season is only aiming to be a genre romp, one filled with blood, derring-do, swordplay, simple morality and an admittedly awesome climatic monster battle. Snootier cinema journos will no doubt thumb their nose at this film, but this easier to please critic is still smiling at the notion of such an unpretentious slice of old school mayhem unspooling before a new legion of monster kids at the local multiplex.

CHRIS ALEXANDER

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On-screen intimacy ‘just happened’

Ryan Gosling and co-star Michelle Williams heat up the screen in Blue Valentine ◗ Drama has garnered much acclaim from critics

Oscar worthy?

- Ryan Gosling and Michelle Williams recently landed Golden Globe nominations, and many are also predicting Oscar nods for their roles in Blue Valentine.
- Gosling plays Dean, the sweet, sensitive and unambitious house-painter husband to Cindy (Williams), a stressed-out nurse who wants more out of life. Faith Wladyka plays their young daughter, Frankie.
- Through flashbacks and flash forwards, we see the couple in two stages: during a charming courtship and then several years later when they’re frustrated, fighting parents.

In the marital drama Blue Valentine, which opens in Toronto on Friday, Ryan Gosling and Michelle Williams bring an astoundingly authentic feel to their characters as they fall in and out of love.

Their on-screen chemistry is so raw that — even though their sex scenes aren’t that explicit — the Motion Picture Association of America initially put an NC-17 rating on the film.

It recently downgraded that to an R rating on appeal (in Ontario the rating is 18A, in B.C. and Saskatchewan it’s 14A and in Quebec it’s 13+).

Gosling, who was born in London, Ont., says he and Williams studied pictures of real couples to help build their characters’ bond, but they didn’t overthink their physical intimacy going in to filming.

12

Writer-director Derek Cianfrance spent 12 years working on Blue Valentine, which was inspired by his longing to understand how time can change relationships. “I feel like it was always the film that I was born to make,” said Cianfrance, who lives in Brooklyn, N.Y.

“The physical stuff, it just happened, I don’t really know how,” he explained in an interview at September’s Toronto International Film Festival, where Blue Valentine screened to much acclaim.

“It’s a love story, you know, and physical intimacy is a part of that and we were trying to capture that in a way that was not gratuitous or trying too hard to be sexy or something.

“We collected a lot of photographs, actually, photographs that we thought were snapshots of people’s lives, of couples that were together that weren’t staged, that were just private photographs of people that were trying to get that kind of an intimacy.”

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CHRIS YOUNG/THE CANADIAN PRESS

▶ Ryan Gosling.

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Kings of Pastry (STC) Fri 9:20 Sat 7:05 Sun 2 Mon 5
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Fish (STC) Fri-Sun 10-12-2 Fri-Sun 11-1
A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Sun 3 Fri-Sun 3:35

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The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri-Sun 12:50-3:50-7:20-10:05 Mon-Tue 4:40-7:20-10:05 Wed 3:40-10:05 Thu 4:40-7:20-10:05
The Fighter (14A) Fri-Sun 1:40-4:30-7:25-10:15 Mon-Thu 4:30-7:25-10:15
Gulliver's Travels 3D (STC) Fri-Sun 1:10-3:35-6:35-9:05 Mon-Thu 4:05-6:35-9:05
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 9:35
How Do You Know (PG) Fri 1:05-4:10-7:15-10:10 Sat 7:15-10:10 Sun 1:05-4:10-7:15-10:10 Mon-Wed 4:25-7:15-10:10 Thu 4:25-10:10
Little Fockers (PG) Fri 1:30-4:20-7:30-9:55 Sat 7:30-9:55 Sun 12:40-9:10 Mon-Wed 4:20-7:30-9:55 Thu 4:20-7:30 Fri 12:45-3:30-6:50-9:20 Sat 12:45-3:20-6:50-9:20 Sun 1:30-4:20-7:30-9:55 Mon-Thu 3:55-6:50-9:20 Star & Strollers Screening Thu 1
The Metropolitan Opera: La Fanciulla del West (STC) Sat 1
National Theatre: Fela! (STC) Thu 7
LA Phil Live: Dudamel Conducts Beethoven (STC) Sun 5
Season of the Witch (STC) Fri-Sun 12:40-3:25-6:40-9:10 Mon-Thu 3:50-6:40-9:10
A Star Is Born (STC) Wed 6:30
Tangled (PG) Fri-Sun 1:20-4-7:10 Mon-Thu 4:45-7:10
The Tourist (PG) Fri-Sun 12:55-3:45-6:55-9:30 Mon-Thu 4:10-6:55-9:30 Star & Strollers Screening Thu 1
Tron: Legacy (PG) Fri-Sun 12:30-3:40-7:10 Mon-Thu 4-7:10
True Grit (14A) Fri-Sun 1-3:55-7:05-9:45 Mon-Thu 4:15-7:05-9:45
Yogi Bear 3D (G) Fri-Sun 12:35-3:15-6:30-9 Mon-Thu 3:45-6:30-9

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Black Swan (14A) Fri 3:50-6:50-9:35 Sat-Sun 12:50-3:50-6:50-9:35 Mon-Thu 3:50-6:50-9:35
Fela! (STC) Thu 7
The Fighter (14A) Fri 3:45-6:40-9:30 Sat-Sun 12:55-3:45-6:40-9:30 Mon-Thu 3:45-6:40-9:30
The King's Speech (PG) Fri 3:40-4:15-6:35-7:20-9:10 Sat-Sun 12:30-1:15-3:40-4:15-6:35-7:20-9:10 Mon-Thu 3:40-4:15-6:35-7:20-9:10
The Tempest (STC) Fri 4-6:45-9:25 Sat-Sun 1-4-6:45-9:25 Mon-Wed 4-6:45-9:25 Thu 4
The Tourist (PG) Fri 3:35-6:25-9:05 Sat-Sun 12:45-3:35-6:25-9:05 Mon-Thu 3:35-6:25-9:05
True Grit (14A) Fri 4:05-6:55-9:20 Sat-Sun 1:05-4:05-6:55-9:20 Mon-Thu 4:05-6:55-9:20

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Blow Out (STC) Fri 11:15
Flash Gordon (STC) Mon 9:15
The Gold Rush (STC) Sat 2:30 Tue 8:30
Great Directors (STC) Fri 7 Sat 9:15
The Kid (STC) Sat 1 Tue 7
A King in New York (STC) Sun 3:40 Thu 9:40
Limelight (STC) Sun 1 Thu 7
Monsters (PG) Sun 9 Wed 9:15
Red (STC) Mon 7 Wed 7
Reefer Madness (STC) Sat 11:15
Stone (STC) Fri 9 Sat-Sun 7

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Life as We Know It (PG) Fri 7
No Films Showing Today (STC) Sun-Thu
Secretariat (G) Sat 2

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Burlesque (PG) Fri-Thu 10:30-1:10-4-6:30-9
Despicable Me (PG) Fri-Thu 12:15-2:20-4:30
Due Date (14A) Fri-Thu 10:40-1-5:15-9:25
Fair Game (PG) Fri-Thu 10-5:05-9:30
Love & Other Drugs (14A) Fri-Thu 6:50-9:10
Megamind (PG) Fri-Thu 10:20-12:25-2:30-4:40
Red (STC) Fri-Thu 3-7:15
The Social Network (14A) Fri-Thu 12:05-2:40-7:05
Unstoppable (PG) Fri-Thu 10:10-6:40-9:20

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) Dolby Stereo Digital Fri 3-6-8:45 Dolby Stereo Digital Sat-Sun 12-3-6-8:45 Dolby Stereo Digital Mon-Thu 3:15-5:45-8:15
Little Fockers (PG) SDDS Digital Fri 3:15-6:15-9 SDDS Digital Sat-Sun 12:10-3:15-6:15-9 SDDS Digital Mon-Thu 3:30-6-8:30
Season of the Witch (STC) Dolby Stereo Digital, No Passes Fri 3:30-6:30-9:15 Dolby Stereo Digital, No Passes Sat-Sun 12:20-3:30-6:30-9:15 Dolby Stereo Digital, No Passes Mon-Thu 3:45-6:15-8:45

SOUTH KEYS
2214 Bank St., 613-736-1115

Black Swan (14A) Fri-Thu 10:40-1:25-4:10-7:20-9:50
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri-Thu 10:40-1:15-4-6:45-9:25
The Fighter (14A) Fri 11:10-1:50-4:25-7:25-10:05 Sat 7:25-10:05 Sun-Wed 11:10-1:50-4:25-7:25-10:05 Thu 11:10-1:50-4:25-10:05
Gulliver's Travels (STC) Fri-Thu 11-1:10-3:55-6:55-9:35
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 3:10-6:30-9:40
Little Fockers (PG) Fri-Thu 10:45-1:05-3:45-6:40-9:20
Megamind (PG) Fri-Thu 10:30-12:50
The Metropolitan Opera: La Fanciulla del West (STC) Sat 1
National Theatre: Fela! (STC) Thu 7
Season of the Witch (STC) Fri-Thu 10:35-1:35-4:15-7:15-9:55
Tangled (PG) Fri-Thu 11:05-1:40-4:05-7:05-9:30
The Tourist (PG) Fri 10:55-1:55-4:30-7:30-10 Sat 7:30-10 Sun-Wed 10:55-1:55-4:30-7:30-10 Thu 10:55-1:55-4:30-7:30
Tron: Legacy (PG) Fri-Thu 12:20-3:40-7:10
True Grit (14A) Fri-Thu 10:50-1:20-3:50-6:50-9:45
Yogi Bear 3D (G) Fri-Thu 11:30-2-4:40-7:10-9:15

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Animalopolis (STC) Fri-Sun 2:15 Fri-Sun 1:15
Arabia 3D (STC) Fri 12:10-5:30-7 Sat 9:45-12:10-5:30-7-9:10 Sun 12:10-5:30 Fri 9:10 Sun 4:25
Hubble 3D (STC) Fri 11:05-3:20 Sat 11:05-3:20-8:05 Sun 11:05-3:20 Fri 4:25-8:05 Sat 4:25 Sun 9:45
No Films Showing Today (STC) Mon-Thu

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Auprès de moi toujours (STC) Tue 1:10 Wed-Thu 7:30
Gulliver's Travels (G) Fri-Sun 1-3:10-7-9:10 Mon 7 Tue 1-3:10-7-9:10 Wed-Thu 7-9:10
Season of the Witch (STC) Fri-Sun 1:10-3:20-7:10-9:20 Mon 7:10 Tue 1:10-3:20-7:10-9:20 Wed-Thu 7:10-9:20
Tron: Legacy (STC) Fri-Sun 12:50-3:30-6:50-9:30 Mon 6:50 Tue 6:50-9:30 Wed-Thu 9:30
Yogi Bear 3D (G) Fri-Sun 1-3-7-9 Mon 7 Tue 1-3-7-9 Wed-Thu 7-9

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Activité paranormale 2 (13+) Mon-Thu 5:15
Alpha et Omega (G) Fri-Sun 12:1:35
Burlesque (G) Fri-Sun 3:30-7:20-9:25 Mon-Thu 12-3:50-7:30-9:35
Harry Potter and the Deathly Hallows: Part 1 (G) Fri-Sun 12-2:30-7 Mon-Thu 12-2:35-7-9:30
L'amour et les autres drogues (13+) Fri-Sun 3:10-5:15-7:15-9:15 Mon-Thu 1:45-3:45-7:30-9:30
La Légende des Guardiens: Le Royaume de Ga'hoole (G) Fri-Sun 12-1:45
Megamind (G) Fri-Sun 12-1:45-3:30-5:15 Mon-Thu 12-5:45
Tout pour elle (13+) Fri-Sun 5-7:20-9:35 Mon-Thu 1:45-6:20-8:45
À fond de train (G) Fri-Sun 5:35-9:30 Mon-Thu 12-2:05-4:05-5:50

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

Listings not available at press time.

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Les Chroniques de Narnia: L'Odyssé du passeur d'aurore 3D (G) Fri 7-9:30 Sat-Sun 12:30-3:20-7-9:30 Mon 7-9:30 Tue 12:30-3:20-7-9:30 Wed-Thu 7-9:30
Comment Savoir (G) Fri-Thu 9:25
Le Coup de Grâce (G) Fri 6:45 Sat-Sun 12:45-3:25-6:45 Mon 6:45 Tue 12:45-3:25-6:45 Wed-Thu 6:45
L'appât (G) Fri 7:15-9:40 Sat-Sun 1:15-3:50-7:15-9:40 Mon 7:15-9:40 Tue 1:15-3:50-7:15-9:40 Wed-Thu 7:15-9:40
Lance et compte (G) Fri-Thu 6:20-9
The Metropolitan Opera: La Fanciulla del West (STC) Sat 1
La Rafle (STC) Fri 6:40-9:20 Sat-Sun 12:10-3-6:40-9:20 Mon 6:40-9:20 Tue 12:10-3-6:40-9:20 Wed-Thu 6:40-9:20
Raiponce (G) Sat-Sun 1:05-3:40 Tue 1:05-3:40
La Sorcière Noire (STC) Fri 6:50-9:05 Sat-Sun 1:10-3:45-6:50-9:05 Mon 6:50-9:05 Tue 1:10-3:45-6:50-9:05 Wed-Thu 6:50-9:05
Le Touriste (G) Fri-Sat 7:10-9:35 Sun 12:20-3:10-7:10-9:35 Mon 7:10-9:35 Tue 12:20-3:10-7:10-9:35 Wed-Thu 7:10-9:35
Tron: L'héritage (STC) Fri 6:30-9:15 Sat-Sun 12-2:45-6:30-9:15 Mon 6:30-9:15 Tue 12-2:45-6:30-9:15 Wed-Thu 6:30-9:15
Yogi l'ours 3D (G) Fri 7:05-9:10 Sat-Sun 1-3:05-7:05-9:10 Mon 7:05-9:10 Tue 1-3:05-7:05-9:10 Wed-Thu 7:05-9:10

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Black Swan (13+) Fri 1:25-3:40-6:25-8:55 Sat-Sun 1:10-3:40-6:25-8:55 Mon 3:40-6:25-8:55 Tue 1:25-3:40-6:25-8:55 Wed-Thu 3:40-6:25-8:55
Les Chroniques de Narnia: L'Odyssé du passeur d'aurore 3D (G) Fri 1-3:55-6:35-9:15 Sat-Sun 1:15-3:55-6:35-9:15 Mon 3:55-6:35-9:15 Tue 1-3:55-6:35-9:15 Wed-Thu 3:55-6:35-9:15
The Fighter (G) Fri 1:35-4-6:40-9:20 Sat-Sun 1:20-4-6:40-9:20 Mon 4-6:40-9:20 Tue 1:35-4-6:40-9:20 Wed 4-6:40-9:20 Thu 4-6:40
Gulliver's Travels 3D (G) Fri 1:45-4:25-6:45-9:05 Sat-Sun 1:30-4:25-6:45-9:05 Mon 4:25-6:45-9:05 Tue 1:45-4:25-6:45-9:05 Wed-Thu 4:25-6:45-9:05
Harry Potter et les reliques de la mort - partie 1 (G) Fri-Thu 3:05-6:20-9:35
L'appât (G) Fri 1:15-3:15-7:25-9:50 Sat-Sun 1-3:15-7:25-9:50 Mon 3:15-7:25-9:50 Tue 1:15-3:15-7:25-9:50 Wed 3:15-7:25-9:50 Thu 3:15-9:50 Thu 12:45
Lance et compte (G) Fri-Thu 9:30
Little Fockers (STC) Fri 12:50-3:10-7:30-10:05 Sat-Sun 12:35-3:10-7:30-10:05 Mon 3:10-7:30-10:05 Tue 12:50-3:10-7:30-10:05 Wed-Thu 3:10-7:30-10:05 Star & Strollers Screening Thu 12:15
The Metropolitan Opera: La Fanciulla del West (STC) Sat 1
National Theatre: Fela! (STC) Thu 7
La petite famille (STC) Fri 12:55-3:30-7:10-9:45 Sat-Sun 12:40-3:30-7:10-9:45 Mon 3:30-7:10-9:45 Tue 12:55-3:30-7:10-9:45 Wed-Thu 3:30-7:10-9:45
LA Phil Live: Dudamel Conducts Beethoven (STC) Sun 5
Raiponce (G) Fri 1:20-3:35-7:05 Sat-Sun 1:05-3:35-7:05 Mon 3:35-7:05 Tue 1:20-3:35-7:05 Wed-Thu 3:35-7:05
Season of the Witch (STC) Fri 1-3:20-7:20-10 Sat-Sun 12:45-3:20-7:20-10 Mon 3:20-7:20-10 Tue 1-3:20-7:20-10 Wed-Thu 3:20-7:20-10
The Tourist (G) Fri 1:40-4:30-6:55-9:40 Sat 6:55-9:40 Sun 1:25-9:40 Mon 4:30-6:55-9:40 Tue 1:40-4:30-6:55-9:40 Wed-Thu 4:30-6:55-9:40
Tron: L'héritage (STC) Fri 12:45-3:25-7:15-10:10 Sat-Sun 12:30-3:25-7:15-10:10 Mon 3:25-7:15-10:10 Tue 12:45-3:25-7:15-10:10 Wed-Thu 3:25-7:15-10:10
Tron: Legacy (STC) Fri 1:10-4:10-7-9:55 Sat-Sun 12:55-4:10-7-9:55 Mon 4:10-7-9:55 Tue 1:10-4:10-7-9:55 Wed-Thu 4:10-7-9:55
True Grit (13+) Fri 1:55-4:15-6:50-9:25 Sat-Sun 1:40-4:15-6:50-9:25 Mon 4:15-6:50-9:25 Tue 1:55-4:15-6:50-9:25 Wed-Thu 4:15-6:50-9:25
Yogi Bear (G) Fri 1:05-4:20-6:30-8:40 Sat-Sun 12:50-4:20-6:30-8:40 Mon 4:20-6:30-8:40 Tue 1:05-4:20-6:30-8:40 Wed-Thu 4:20-6:30-8:40
Yogi l'ours 3D (G) Fri 1:50-4:05-6:15-8:25 Sat-Sun 1:35-4:05-6:15-8:25 Mon 4:05-6:15-8:25 Tue 1:50-4:05-6:15-8:25 Wed-Thu 4:05-6:15-8:25

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) Fri 6:30-9:10 Sat 12:55-3:45-6:30-9:10 Sun 12:55-3:45-6:30-9 Mon-Thu 5:10-8:05
Little Fockers (PG) Fri 7:30-10:10 Sat 1:55-4:30-7:30-10:10 Sun 1:55-4:30-7:30-10 Mon-Thu 5:40-8:20 Star & Strollers Screening Thu 1
The Metropolitan Opera: La Fanciulla del West (STC) Sat 1
Season of the Witch (STC) Fri 7:20-9:50 Sat 1:10-4:7:20-9:50 Sun 1:10-4:7:20-9:40 Mon-Thu 5:50-8:30
Tangled (PG) Fri 6:55-9:30 Sat-Sun 1:25-4:10-6:55-9:30 Mon-Thu 5:05-7:40 Star & Strollers Screening Thu 1
Tron: Legacy (PG) Fri 7:10 Sat 12:50-3:55-7:10 Sun 12:50-3:55-7-9:55 Mon-Thu 5-8
True Grit (14A) Fri 6:50-9:40 Sat 1:20-4:05-6:50-9:40 Sun 1:20-4:05-6:50-9:25 Mon-Thu 5:30-8:10
Yogi Bear (G) Fri-Sat 7:10-9:20 Sun 1:30-4:20-7:10-9:20 Mon-Thu 5:20-7:50

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SILVERCITY
2385 City Park Dr., 613-688-8800

Black Swan (14A) Fri-Thu 12:55-3:40-6:35-9:05
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri-Tue 12:30-3:30-6:40-9:25 Wed 12:30-3:30-6:40-10:20 Thu 12:30-3:30-6:40-9:25
Country Strong (PG) Fri-Tue 1:10-4:05-6:55-9:40 Wed 4:05-6:55-9:40 Thu 1:10-4:05-6:55-9:40 Star & Strollers Screening Wed 1
The Fighter (14A) Fri 1:40-4:40-7:25-10:05 Sat 1:40-7:25-10:05 Sun-Wed 1:40-4:40-7:25-10:05 Thu 1:40-4:40-7:25
Gulliver's Travels 3D (STC) Fri-Sun 1:05-3:25-6:20-8:50 Mon 1:05-3:25-9:35 Tue 1:05-3:25-6:20-8:50 Wed-Thu 1:05-3:25-9:35
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 2-5:10-8:30
How Do You Know (PG) Fri 12:35-3:35-7:05-9:50 Sat 7:05-9:50 Sun 12:35-10:10 Mon-Wed 12:35-3:35-7:05-9:50 Thu 12:35-3:35-10:05
The King's Speech (PG) Fri-Thu 1:20-4:20-7:20-10:10
Little Fockers (PG) Fri-Tue 12:50-3:50-6:45-9:20 Wed 3:50-6:45-9:20 Thu 12:50-3:50-6:45-9:20 Star & Strollers Screening Wed 1
The Metropolitan Opera: La Fanciulla del West (STC) Sat 1
National Theatre: Fela! (STC) Thu 7
LA Phil Live: Dudamel Conducts Beethoven (STC) Sun 5
Season of the Witch (STC) Fri-Thu 2:10-4:50-7:35-9:55
A Star Is Born (STC) Wed 6:30
Tangled 3D (PG) Fri-Wed 1:15-3:45-7:15-9:45 Thu 1:15-3:45-7:15-10:15
The Tourist (PG) Fri 12:45-3:20-6:30-9:10 Sat 4:25-6:30-9:10 Sun-Thu 12:45-3:20-6:30-9:10
Tron: Legacy (PG) Fri-Thu 1:30-4:30-7:30-10:15
Tron: Legacy: An IMAX 3D Experience (PG) Fri-Thu 1-4-7-10
True Grit (14A) Fri-Thu 1:25-4:10-6:50-9:30
Yogi Bear 3D (G) Fri-Thu 12:40-2:50-5:7:10-9:15

ORLEANS

ORLEANS TOWN CENTRE 6 CINEMAS
250 Centrum Blvd., 613-834-0666

EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Dolby Stereo Digital Fri-Sun 12:30-3:20-6:25-9:10 Dolby Stereo Digital Mon 3:35-6:25-9:10 Dolby Stereo Digital Tue 12:30-3:20-6:25-9:10 Dolby Stereo Digital Wed-Thu 3:35-6:25-9:10
The Fighter (14A) Digital, Dolby Stereo Digital Fri-Sun 12:55-3:40-7:05-9:50 Digital, Dolby Stereo Digital Mon 4:10-7:05-9:50 Digital, Dolby Stereo Digital Tue 12:55-3:40-7:05-9:50 Digital, Dolby Stereo Digital Wed-Thu 4:10-7:05-9:50
Gulliver's Travels 3D (STC) Dolby Stereo Digital Fri-Sun 12:40-3:10-6:20-8:50 Dolby Stereo Digital Mon 3:30-6:20-8:50 Dolby Stereo Digital Tue 12:40-3:10-6:20-8:50 Dolby Stereo Digital Wed-Thu 3:30-6:20-8:50
Harry Potter and the Deathly Hallows: Part 1 (PG) Digital, Dolby Stereo Digital Fri-Thu 9
Little Fockers (PG) Digital, Dolby Stereo Digital Fri-Sun 1:3:55-6:35-9:05 Digital, Dolby Stereo Digital Mon 3:55-6:35-9:05 Digital, Dolby Stereo Digital Tue 1:3:55-6:35-9:05 Digital, Dolby Stereo Digital Wed-Thu 3:55-6:35-9:05
Season of the Witch (STC) Digital, Dolby Stereo Digital Fri-Sun 1:05-3:50-6:55-9:25 Digital, Dolby Stereo Digital Mon 4:05-6:55-9:25 Digital, Dolby Stereo Digital Tue 1:05-3:50-6:55-9:25 Digital, Dolby Stereo Digital Wed-Thu 4:05-6:55-9:25
Tangled (PG) Digital, Dolby Stereo Digital Fri-Sun 12:45-3:30-6:45-9:20 Digital, Dolby Stereo Digital Mon 3:40-6:45-9:20 Digital, Dolby Stereo Digital Tue 12:45-3:30-6:45-9:20 Digital, Dolby Stereo Digital Wed-Thu 3:40-6:45-9:20
The Tourist (PG) Digital, Dolby Stereo Digital Fri-Sun 1:10-4-7-9:35 Digital, Dolby Stereo Digital Mon 4-7-9:35 Digital, Dolby Stereo Digital Tue 1:10-4-7-9:35 Digital, Dolby Stereo Digital Wed 4-7-9:35 Digital, Dolby Stereo Digital Thu 4-10
Tron: Legacy 3D (PG) Dolby Stereo Digital Fri-Sun 12:35-3:45-6:50-9:45 Dolby Stereo Digital Mon 3:50-6:50-9:45 Dolby Stereo Digital Tue 12:35-3:45-6:50-9:45 Dolby Stereo Digital Wed 3:50-9:45 Dolby Stereo Digital Thu 3:50-6:50-9:45
True Grit (14A) Digital, Dolby Stereo Digital Fri-Sun 12:45-3:35-6:40-9:30 Digital, Dolby Stereo Digital Mon 3:45-6:40-9:30 Digital, Dolby Stereo Digital Tue 12:45-3:35-6:40-9:30 Digital, Dolby Stereo Digital Wed-Thu 3:45-6:40-9:30
Yogi Bear 3D (G) Dolby Stereo Digital Fri-Sun 12:50-3:25-6:30 Dolby Stereo Digital Mon 4:15-6:30 Dolby Stereo Digital Tue 12:50-3:25-6:30 Dolby Stereo Digital Wed-Thu 4:15-6:30

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

Black Swan (14A) Fri-Sun 11:30-12:15-2-2:45-4:30-5:15-7:7:40-9:45-10:15 Mon-Wed 2-2:45-4:30-5:15-7:7:40-9:45-10:15 Thu 2-2:45-4:30-7-9:45
Burlesque (PG) Fri-Thu 9:40
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Special Engagement Fri-Sun 11:15-1:55-4:35-7:15-9:55 Special Engagement Mon 4:35-7:15-9:55 Special Engagement Tue 4-9:55 Special Engagement Wed-Thu 4:35-7:15-9:55
Country Strong (PG) Special Engagement Fri-Sun 10:40-1:25-4:15-7:10-10 Special Engagement Mon-Thu 2:10-4:50-7:35-10:20
The Fighter (14A) Fri-Sun 11:25-2:05-4:50-7:05-7:40-9:55-10:25 Mon-Thu 2:05-4:50-7:05-7:40-9:55-10:25
The Green Hornet: An IMAX 3D Experience (PG) Special Engagement, Sneak Preview Thu 12:01
Gulliver's Travels (STC) Fri-Sun 10:45-1:15-3:35-5:45-8-10:10 Mon-Thu 3:35-5:45-8-10:10
Gulliver's Travels 3D (STC) Special Engagement Fri-Sun 11:55-2:30-4:55-7:25-9:50 Special Engagement Mon-Thu 2:30-4:55-7:25-9:50
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Sun 12:15-3:30-7-10:10 Mon-Thu 3:30-7-10:10
How Do You Know (PG) Fri-Sun 10:35-4:10-10:05 Mon-Thu 4:10-10:05
If You Are the One 2 (STC) Special Engagement Fri-Sun 12:55-4-7:10-10:05 Special Engagement Mon-Thu 4-7:10-10:05
The King's Speech (PG) Fri-Sun 11:20-2:15-5-7:45-10:30 Mon-Thu 2:15-5-7:45-10:30
Little Fockers (PG) Fri-Sun 11:45-2:15-4:40-7:05-9:25 Mon-Wed 3:15-5:40-8:05-10:25 Thu 3:15 Fri-Sun 11:45-2:15-4:40-7:05-9:25 Mon-Thu 2:15-4:40-7:05-9:25 Fri-Sun 10:30-12:50-3:15-5:40-8:05-10:25 Mon-Thu 2:15-4:40-7:05-9:25
Megamind (PG) Fri-Sun 11:25-1:50-4:20 Mon-Thu 4:20
Season of the Witch (STC) Special Engagement Fri-Sun 11:50-2:25-5:10-7:55-10:20 Special Engagement Mon-Thu 2:25-5:10-7:55-10:20
The Social Network (14A) Fri-Sun 1:20-7:20 Mon-Thu 7:20
Tangled (PG) Fri-Sun 11:40-2:30-5:05-7:30-10 Mon-Thu 2:30-5:05-7:30-10
The Tourist (PG) Fri-Sun 12:25-2:55-5:25-7:55-10:25 Mon-Thu 2:55-5:25-7:55-10:25
Tron: Legacy (PG) Fri-Sun 11:45-2:45-5:45-9:15 Mon-Thu 2:45-5:45-9:15
Tron: Legacy 3D (PG) Special Engagement Fri-Sun 11-2-5-8 Special Engagement Mon-Thu 2-5-8
Tron: Legacy: An IMAX 3D Experience (PG) Special Engagement Fri-Sun 10:30-1:30-4:30-7:30-10:30 Special Engagement Mon-Wed 4-7-10 Special Engagement Thu 4-7
True Grit (14A) Fri-Sun 11:20-11:50-1:55-2:25-4:40-5:10-7:15-7:45-9:50-10:20 Mon-Wed 2:25-4:40-5:10-7:15-7:45-9:50-10:20 Thu 2:25-4:40-7:15-9:50
Yogi Bear (G) Fri 10:35-12:40-2:55-5:05-7:20 Sat 12:40-2:55-5:05-7:20 Sun 10:35-12:40-2:55-5:05-7:20 Mon-Thu 2:55-5:05-7:20
Yogi Bear 3D (G) Special Engagement Fri-Sun 11:05-1:20-3:30-5:40-7:50-10 Special Engagement Mon-Wed 3:30-5:40-7:50-10 Special Engagement Thu 3:30-5:40

The Tooth Doctor©
David J. Halpin, D.D.S.

Daily Flossing, An Essential Part Of Your Oral Hygiene Regimen!

Good dental health begins with good oral hygiene. **This requires regular professional care and guidance provided by your dentist and dental hygienist, combined with proper care at home by you.** By following a recommended home care routine, you'll be able to enjoy healthier teeth and gums and a dazzling, healthy smile.

Of all the good home care practices people adopt, regular daily flossing is possibly the most neglected. It's surprising that in a well-developed country such as Canada that so few people are aware of the necessity of daily flossing. That's very unfortunate, because flossing reduces the number of dangerous bacteria which inhabit your mouth on a daily basis. Normally, millions of these microscopic monsters call your mouth home, feeding on food particles left on or between your teeth in a mesh of mucus and debris known as plaque.

Flossing thoroughly on a daily basis helps remove the plaque and debris that escapes your toothbrush, especially in hard-to-reach areas between the teeth and slightly under the gum line.

Flossing helps to keep your gums healthy and better able to resist bacterial invasion which can damage not only your gums, but also the bones and structures supporting your teeth.

People experiencing bad breath often find sweeter breath over time when they follow a regular routine of flossing.

Floss your teeth regularly, including the back teeth. It's usually easiest to floss with approximately eighteen inches of the floss, with each end wrapped around each of the middle fingers. The floss should form a "C" shape as it is gently rubbed against the sides of each individual tooth.

Move the floss away from the gum line as you rub along the tooth edge. A small amount of bleeding from the gums may be seen if your gums aren't used to regular flossing. Interdental cleaners are also widely available for those who experience difficulty handling the dental floss.

We hope that with this information you can understand why brushing and cleaning between your teeth with floss or other interdental cleaners to remove plaque is essential to keep your teeth and gums healthy.

Simply put, by brushing and flossing effectively on a daily basis you'll help to eliminate the bacteria that can lead to bad breath, gingivitis and periodontal disease, thus enabling you to enjoy a healthy smile that can last a lifetime.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.

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FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (4 Levels)
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Wright's love did cost a thing: Penn

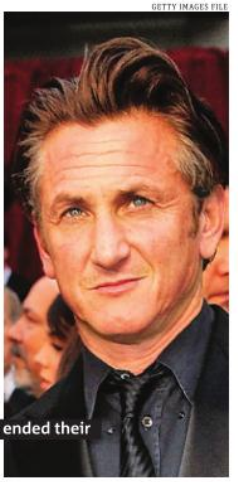
Actor Sean Penn confesses that divorce hasn't been easy on his wallet

While he's usually tight-lipped about personal issues, Sean Penn let slip to the Hollywood Reporter that his recent divorce from Robin Wright wasn't cheap.

"I got practical issues," he said when asked about making new movies versus doing charity work. "I had just got taken for one half of everything I had in the divorce, so it's not like I don't have to work."

Penn added that the hardest part of the split has been the change in his relationship with his children. "A much more profound change in life for me personally was not being able to raise my son in a whole family..." METRO

GETTY IMAGES FILE



▶ Robin Wright and Sean Penn ended their 14-year marriage last year.

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No purchase necessary. Contest starts December 28, 2010 and ends 23:59 (EST) on March 30, 2011. Open to residents of Canada, excluding the province of Quebec, who have reached the age of majority at the time of entry. Enter for a chance to win a trip for 4 to Jasper, Alberta (approx. value $18,000). Full contest rules at www.wolfpackyourbags.com.

Mix of Six

Gallery

What do you "sea"?
Be creative and have fun. In conjunction with two great exhibitions, The Navy: A Century in Art and A Brush with War, be inspired by the art and re-create it in mixed media. Saturday and Sunday, 10 a.m. to 4 p.m., John McCrae Gallery

Theatre

Fairy Tales by the Fire
Watch fairy tales come to life as performed in Russian by the Once Upon a Kingdom Theatre. Tickets are $15 and can be reserved at 613-868-8343 or rus_theatre@yahoo.ca. Saturday, 4 p.m. and Sunday, 12 p.m., Alumni Auditorium at University of Ottawa.

Hockey

Vintage Hockey Day
Come and play Canada's favourite sport to celebrate Navan's 150 year history at an alumni hockey game with ex-grads Junior "A" players. A $10 donation will get you a sample of wine and cheese from Domaine Perrault Winery. Sunday, 1 p.m., Navan Memorial Centre.

Talking points

Suri's got some style

PEOPLE Katie Holmes admits that daughter Suri Cruise is becoming quite the little fashionista. "The other day ... she said, 'I want to go there,' pointing at another store quite a distance away," Katie says. "In that store was the dress that she wanted. I said, 'Wow, Suri. You're something. You picked that out from a football field away. METRO

Reading

Stories Alive!
Each month, OYP Theatre School hosts a story session for book lovers in collaboration with Rag and Bone Puppet Theatre. Guests are invited to read with some of the artists who live and work in Ottawa. Admission is free. Sunday, 2 p.m., Shenkman Arts Centre.

Exhibit

100 Years of Public Health
Take the opportunity to see the exhibit that tells the story of public health in Canada and its impact in the past century. The exhibit will tell the stories of the challenges Canadian communities faced such as unsafe water, poverty, and malnutrition and the progress that was made since then. Friday, 8 a.m., Ben Franklin Place.

Theatre

Trying
Trying tells the true story of the relationship between the former Attorney General under Roosevelt and Chief Judge of the Nuremberg trials, and his new secretary, a young woman from Canada. Tickets at ottawalittletheatre.com. Friday through Sunday, 8 p.m., Ottawa Little Theatre.

Celebrity tweets

Steve Martin [@Steve-Martintogo]
It seems that Americans say Hokey-Pokey, and Brits say Hokey-Cokey. Hence, revolutionary war.

Christina Applegate [1capplegate]
No longer in my pregnancy do I just "go" somewhere. I "schlep" there. Its a constant Schlep. Bu its all good.

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A colourful and flavourful vegan stew — imagine that

Meatless cuisine had a bad rap as lacking, until this Mediterranean meal came along

Vegan food has a bad reputation among meat eaters.

However, this stew is anything but. It is flavourful, colourful and full-bodied.

Preparation:

1. In a large saucepan over medium, heat the olive oil. Add the garlic, shallots and onions and saute until soft and translucent, about 6 to 7 minutes.
2. Add the tomatoes, broth, rosemary and barley, then bring to a simmer. Cover and continue to cook until the barley is tender, about 50 minutes, stirring occasionally to prevent sticking.
3. Stir in the roasted red peppers, baby spinach, olives and water. Cook until the spinach is wilted, about 2 minutes. Add salt and black pepper. THE ASSOCIATED PRESS

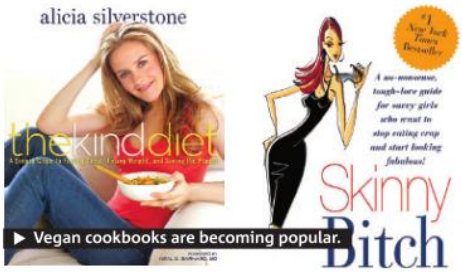
Ingredients:

- 30 ml (2 tbsp) olive oil
- 3 cloves garlic, minced
- 2 shallots, finely chopped
- 2 yellow onions, diced
- 796-ml (28-ounce) can chopped tomatoes, preferably fire-roasted
- 1 litre (4 cups) vegetable broth
- 2 sprigs fresh rosemary, minced
- 375 ml (1 1/2 cups) pearl barley
- 341-ml (12-oz) jar roasted red peppers, drained and cut into strips
- 140 g (5 oz) fresh baby spinach
- 125 ml (1/2 cup) castelvetrano olives, pitted and sliced
- 250 ml (1 cup) water
- Salt and black pepper

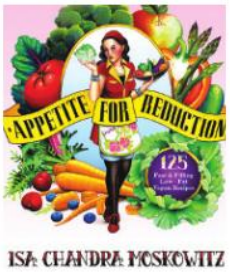
LARRY CROWE/ THE ASSOCIATED PRESS

▶ This vegan stew features veggies and barley.

Veganism goes mainstream



▶ Vegan cookbooks are becoming popular.



Once mocked as a fringe diet for sandal-wearing health food store workers, veganism is moving to the mainstream.

The vegan Skinny Bitch diet books are bestsellers, vegan staples, such as tofu, can be purchased at any supermarket, and restaurants eagerly promote their plant-only menu items.

"It's definitely more diverse. It's not what you would picture 20 years ago, which is kind of hippie, crunchy," said Isa Chandra Moskowitz, author of vegan cookbooks like the new Appetite for Reduction.

Veganism is essentially hard-core vegetarianism. While a vegetarian might butter her bagel or eat a cake made with eggs, vegans shun all animal products: No meat, no cheese, no eggs, no honey.

In a 2009 survey, advocates at the not-for-profit Vegetarian Resource Group reported about one per cent of Americans are vegan, roughly a third of those who are vegetarians.

Alicia Silverstone has added a dose of star power to the vegan cause with The Kind Diet, a No. 1 bestseller. Meanwhile, Bill Clinton, has credited his trim build to a "plant-based diet." THE ASSOCIATED PRESS

3 life

Fresh food tips

Here are a few tips to help you keep your groceries fresh for longer.

- Keep apples in the fridge in a perforated plastic bag. Apples left at room temperature will soften 10 times faster.
- Keep milk and eggs in the coldest part of the fridge, not on the door.
- Store raw meat on the bottom shelf of the fridge.

NEWS CANADA

ScanLife

Muesli and apple-rhubarb compte with yogurt makes an irresistible breakfast

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4 sports

Champs. The day after

▶ Russia's Artemi Panarin, right, talks with teammates relaxing in a hot tub at a hotel across the street from Buffalo's airport on Thursday.

THE ASSOCIATED PRESS

Partying leaves Russians grounded in Buffalo hotel

Russia's gold-medal celebration went into overtime. And that prevented them from boarding their flight Thursday morning, a day after they won the world junior hockey championship.
About 30 members of the Russian contingent were asked to get off a Delta Air Lines flight for being unruly after boarding for takeoff early Thursday morning, an airport spokesman said.
The team was "sleeping it off" at a hotel Thursday afternoon, a person at the front desk of the Days Hotel near the airport said.

Can Packers handle Vick?

- Green Bay will look to Woodson and Matthews to deal with threat posed by Philly QB
- Packers rank fifth in NFL in overall defence and allowed just 240 points all season

With his arm, his feet or his creativity, Michael Vick has embarrassed defenders all season. Unless they can limit Vick and his big-play teammates, Sunday could be a long day for Charles Woodson, Clay Matthews and the Green Bay Packers.

Vick wasn't the starter in the Eagles' season-opening 27-20 loss to Green Bay. But the Packers knocked out Kevin Kolb with a concussion, Vick came on and played well in the second half. Except for his own injuries, Vick has been the starter ever since — and more spectacular than ever.

So Woodson, last season's AP Defensive Player of the Year, and Matthews, one of the favourites for this season's award, are squarely in the spotlight for the game that caps the wild-card weekend.

"We know what we're up against," Woodson said. "We know the dynamic that Vick is, so he's a very big part of what they're doing right now, and he makes a lot of big plays with his feet. We've got to make sure we stay aggressive and make sure we do our job on the back end. Aggressiveness, that's the way we like to play."

It's the way Eagles coach Andy Reid expects the Packers to play, particularly cornerback Woodson and linebacker Matthews, who Philadelphia's blockers must locate on every play.

"I'll tell you what, he's a great player and he has a great motor, loves to play the game," Reid said of Matthews. "So it's a great challenge for our offensive line, the guys blocking him, and we'll come up with a couple things for him." THE ASSOCIATED PRESS

Other games

- Elsewhere on wild-card weekend, defending Super Bowl champion New Orleans is at Seattle in the opener Saturday, followed by an AFC title game rematch of the New York Jets at Indianapolis. The other Sunday game is Baltimore at Kansas City. New England, Pittsburgh, Atlanta and Chicago are off.

QB picks degree over chance to go first overall in NFL draft

Stanford quarterback Andrew Luck has decided to stay in college to get his degree instead of immediately cashing in on the riches of being the likely No. 1 pick in the NFL draft.

Luck announced his decision Thursday, more than a week before the deadline for underclassmen to declare for the NFL draft. Luck, who sat out his first year as a redshirt, has two years of eligibility remaining but is on track to graduate next spring.

"I am committed to earning my degree in architectural design from Stanford University and am on track to accomplish this at the completion of the spring quarter of 2012," Luck said in a statement issued through the school. Stanford said Luck was not available for further comment.
THE ASSOCIATED PRESS

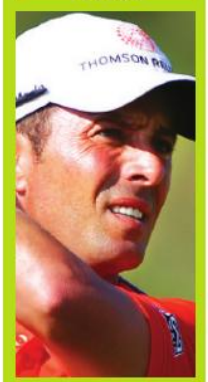
Celtics, Heat hot in all-star voting

LeBron James and Dwyane Wade of the Heat and Kevin Garnett and Rajon Rondo of the Celtics are on pace to be voted as starters for the NBA all-star game.

Garnett and Rondo remained in second place at their positions behind the Heat duo in the third voting returns announced Thursday.

Orlando centre Dwight Howard is the other leader among Eastern Conference players and has the most votes of any player in the conference.
THE ASSOCIATED PRESS

Quoted



"Pete's a great guy. I think we have the same outlook and passion for the game. In speaking with him, he's very motivated as well."
MIKE WEIR ON HIS NEW CADDIE PETE BENDER

"At this stage of my career, I want to have someone that has experience. (I want someone) that is as passionate about winning as I am — not someone just out there to make a paycheque"
WEIR

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	40	25	10	2	3	135	106	55	12-6-0-2	13-4-2-1	7-3-0-0	W2
d-Tampa Bay	41	24	12	3	2	123	130	53	12-3-3-1	12-9-2-1	7-2-1-0	L1
d-Boston	39	21	12	1	5	111	88	48	9-7-1-2	12-5-0-3	5-3-0-2	L1
Pittsburgh	41	26	12	2	1	135	95	55	14-7-1-0	12-5-1-1	5-4-0-1	W1
Washington	41	23	12	3	3	120	107	52	14-4-2-3	9-8-1-0	5-2-2-1	L1
Atlanta	43	22	15	2	4	134	127	50	11-7-1-2	11-8-1-2	5-4-1-0	W2
NY Rangers	41	23	15	2	1	121	104	49	10-8-1-1	13-7-1-0	6-2-1-1	W1
Montreal	40	21	16	3	0	100	96	45	12-5-3-0	9-11-0-0	3-6-1-0	L1
Carolina	39	18	15	2	4	112	117	42	8-7-1-1	10-8-1-3	5-3-2-0	L2
Florida	38	18	18	1	1	104	98	38	8-7-1-1	10-11-0-0	5-3-1-1	L1
Buffalo	39	16	18	5	0	108	118	37	9-10-1-0	7-8-4-0	4-5-1-0	L1
Ottawa	40	16	19	4	1	90	121	37	9-11-1-1	7-8-3-0	4-3-3-0	L3
Toronto	39	15	20	2	2	96	118	34	9-10-2-1	6-10-0-1	4-6-0-0	W1
NY Islanders	37	12	19	3	3	89	120	30	7-7-1-2	5-12-2-1	7-2-0-1	W3
New Jersey	40	10	28	1	1	71	128	22	6-13-1-1	4-15-0-0	1-9-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	39	26	8	3	2	134	96	57	14-3-1-1	12-5-2-1	9-0-1-0	W7
d-Detroit	40	25	10	4	1	138	113	55	13-5-3-1	12-5-1-0	5-3-2-0	W1
d-Dallas	41	24	13	1	3	118	115	52	12-6-1-2	12-7-0-1	6-3-0-1	W2
Colorado	40	21	14	5	0	136	128	47	11-7-2-0	10-7-3-0	5-4-1-0	W1
San Jose	40	21	14	4	1	118	112	47	10-6-2-1	11-8-2-0	6-4-0-0	L1
Nashville	39	20	13	4	2	99	94	46	9-4-3-2	11-9-1-0	5-5-0-0	W3
St. Louis	39	20	13	2	4	106	110	46	14-5-0-2	6-8-2-2	6-3-0-1	L2
Anaheim	43	21	18	2	2	110	123	46	13-7-0-1	8-11-2-1	5-5-0-0	L1
Los Angeles	39	22	16	1	0	116	96	45	13-5-1-0	9-11-0-0	5-5-0-0	L4
Minnesota	40	20	15	1	4	103	114	45	10-9-0-2	10-6-1-2	7-2-0-1	W3
Chicago	42	21	18	2	1	128	119	45	12-10-0-0	9-8-2-1	5-5-0-0	L1
Phoenix	39	18	13	5	3	110	115	44	8-5-2-2	10-8-3-1	4-4-0-2	W1
Columbus	40	20	17	2	1	103	118	43	11-9-0-1	9-8-2-0	4-6-0-0	L2
Calgary	41	18	20	1	2	108	118	39	11-8-0-0	7-12-1-2	5-5-0-0	L2
Edmonton	38	12	19	1	6	98	131	31	6-11-1-2	6-8-1-3	1-7-0-2	L7

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Minnesota 3 Boston 1
Toronto 6 St. Louis 5 (SO)
Philadelphia 4 New Jersey 2
Pittsburgh at Montreal
Phoenix at Colorado
N.Y. Islanders at Edmonton
Nashville at Los Angeles
Buffalo at San Jose
Wednesday's results
Vancouver 3 Calgary 1
Atlanta 3 Florida 2
Dallas 4 Chicago 2
Nashville 4 Anaheim 1
N.Y. Rangers 2 Carolina 1 (OT)
Pittsburgh 8 Tampa Bay 1
Tonight's games
(All times Eastern)
Toronto at Atlanta, 7:30 p.m.
Carolina at Florida, 7:30 p.m.
Ottawa at Chicago, 8:30 p.m.
N.Y. Rangers at Dallas, 8:30 p.m.
Detroit at Calgary, 9 p.m.
Edmonton at Vancouver, 10 p.m.
Columbus at Anaheim, 10 p.m.

LEAFS 6, BLUES 5 (SO)

First Period
1. Toronto, Armstrong 4 (Versteeg, Boyce) :15
2. St. Louis, Steen 14 (Backes) 3:52
3. St. Louis, Backes 11 (D'Agostini) 9:46
Penalties — None.
Second Period
4. Toronto, Grabovski 15 (MacArthur, Kulemin) 8:19
5. Toronto, Versteeg 11 (Armstrong, Beauchemin) 10:46
6. Toronto, Kessel 15 12:15
Penalties — Phaneuf Tor (hooking) 4:48, Winchester StL (interference) 14:07, Jackman StL (holding) 15:07.
Third Period
7. Toronto, Kessel 16 (Komisarek, Beauchemin) 1:51
8. St. Louis, Winchester 6 (McClement, Boyes) 6:02
9. St. Louis, Brewer 6 (Boyes, McClement) 7:40
10. St. Louis, D'Agostini 9 (Sobotka) 13:21
Penalties — None.
Overtime — No Scoring.
Penalties — None.
Shootout — Toronto wins shootout 3-2
Toronto (3) — Kessel, miss; Grabovski, goal; Versteeg, goal; Bozak, goal.
Saint Louis (2) — Steen, goal; Boyes, goal; D'Agostini, miss; Berglund, miss.
Shots

St. Louis	10	16	12	6—44
Toronto	13	10	7	1—31

Goal (shots-saves) — St. Louis: Halak (19-15); Conklin (L,5-2-2)(11-12) (12:15 of second); Toronto: Gustavsson (W,6-12-2). **Power plays (goals-chances)** — St. Louis: 0-1; Toronto: 0-2.
Referees — Don VanMassenhoven, Kevin Pollock. **Linesmen** — Steve Barton, Scott Driscoll.
Att. — 19,283 at Toronto.

LATE WEDNESDAY

CANUCKS 3, FLAMES 1

First Period
1. Vancouver, Kesler 20 (Raymond, Burrows) 1:10
2. Vancouver, Bieksa 5 (Torres, Hamhuis) 16:12
Penalties — Jackman Cal (cross-checking) 3:50, Hamhuis Vcr (interference) 10:53.
Second Period
3. Vancouver, D.Sedin 22 (Bieksa, Burrows) 9:27
Penalty — Alberts Vcr (tripping) 13:11.
Third Period
4. Calgary, Jackman 6 (Backlund) 19:49
Penalties — Jokinen Cal (interference) 14:32, Tambellini Vcr (boarding) 16:31.
Shots

Calgary	12	14	18	44
Vancouver	7	5	9	21

Goal — Calgary: Kiprusoff (L,16-17-1); Vancouver: Luongo (W,19-8-3). **Power plays (goals-chances)** — Calgary: 0-3; Vancouver: 0-2.
Att. — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	31	25	56
St. Louis, TB	17	34	51
D.Sedin, Vcr	22	28	50
H.Sedin, Vcr	9	41	50
B.Richards, Dal	18	29	47
Zetterberg, Det	15	30	45
Perry, Ana	21	23	44
Eriksson, Dal	16	28	44

Not including last night's games

LACROSSE

NLL 2011 SCHEDULE

All times Eastern

WEEK ONE

Tomorrow's games
Boston at Philadelphia, 7 p.m.
Edmonton at Toronto, 7:30 p.m.
Rochester at Minnesota, 8:30 p.m.
Washington at Colorado, 9 p.m.
Buffalo at Calgary, 9:30 p.m.
Sunday's game
Calgary at Washington, 8 p.m.

WEEK TWO

Friday, Jan. 14
Minnesota at Washington, 11 p.m.
Saturday, Jan. 15
Edmonton at Boston, 7:30 p.m.
Buffalo at Philadelphia, 7:30 p.m.
Toronto at Rochester, 7:35 p.m.
Colorado at Calgary, 9:30 p.m.

WEEK THREE

Friday, Jan. 21
Boston at Toronto, 7:30 p.m.
Saturday, Jan. 22
Rochester at Boston, 7:30 p.m.
Toronto at Buffalo, 7:30 p.m.
Edmonton at Minnesota, 8:30 p.m.
Philadelphia at Colorado, 9 p.m.
Washington at Calgary, 9:30 p.m.

WEEK FOUR

Friday, Jan. 28
Philadelphia at Boston, 7:30 p.m.
Calgary at Edmonton, 9 p.m.
Saturday, Jan. 29
Buffalo at Toronto, 7 p.m.
Colorado at Philadelphia, 7 p.m.
Boston at Rochester, 7:35 p.m.
Washington at Minnesota, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.

SKIING

MEN'S SLALOM

At Zagreb, Croatia
1. Andre Myhrer, Sweden, 1:52.74 (56.54-56.20); 2. Ivica Kostelic, Croatia, 1:52.84 (56.30-56.54); 3. Mattias Hargin, Sweden, 1:53.10 (58.06-55.04); 4. Giuliano Razzoli, Italy, 1:53.14 (56.08-57.06); 5. Cristian Deville, Italy, 1:53.39 (56.94-56.45)
World Cup Slalom Standings
(After 3 events)
1. Andre Myhrer, Sweden, 189 points; 2. Ivica Kostelic, Croatia, 153; 3. Jean-Baptiste Grange, France, 122; 4. Marcel Hirscher, Austria, 116; 5. Benjamin Raich, Austria, 106
Overall World Cups Standings
(After 13 events)
1. Michael Walchhofer, Austria, 409 points; 2. Silvan Zurbriggen, Switzerland, 395; 3. Ted Ligety, U.S., 376; 4. Ivica Kostelic, Croatia, 359; 5. Aksel Lund Svindal, Norway, 335; 6. Didier Cuche, Switzerland, 319; 7. Romed Baumann, Austria, 315; 8. Benjamin Raich, Austria, 294; 9. Carlo Janka, Switzerland, 255; 10. Marcel Hirscher, Austria, 244.

SKI JUMPING

At Bishifshiofen, Austria
1. Tom Hilde, Norway, 278.7 points (138.0-132.0); 2. Thomas Morgenstern, Austria, 277.1 (136.0-135.0); 3. Andreas Kofler, Austria, 275.3 (131.5-139.5); 4. Simon Ammann, Switzerland, 274.0 (133.0-140.0); 5. Martin Koch, Austria, 264.5 (131.5-140.5)
Four Hills Final Standings
1. Thomas Morgenstern, Austria, 959 points; 2. Simon Ammann, Switzerland, 928; 3. Tom Hilde, Norway, 895; 4. Manuel Fettner, Austria, 882; 5. Martin Koch, Austria, 881
Overall World Cup Standings
(After 11 events)
1. Thomas Morgenstern, Austria, 903 points; 2. Andreas Kofler, Austria, 621; 3. Simon Ammann, Switzerland, 561; 4. Matti Hautamaeki, Finland, 485; 5. Adam Malysz, Poland, 480; 6. Tom Hilde, Norway, 386; 7. Ville Larinto, Finland, 342

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Agreed to terms with 1B Derrek Lee on a one-year contract.
CLEVELAND INDIANS—Designated INF-OF Jordan Brown for assignment.
MINNESOTA TWINS—Announced the retirement of Twins Sports Inc. president Jerry Bell.
NATIONAL LEAGUE
ATLANTA BRAVES—Agreed to terms with 2b Dan Uggla on a five-year contract.
MILWAUKEE BREWERS—Agreed to terms with OF Caleb Gindl, C Anderson Delarosa, OF Logan Schafer and INF Zelous Wheeler on minor league contracts.
PHILADELPHIA PHILLIES—Agreed to terms with LHP J.C. Romero on a one-year contract and with RHP Brian Bass, C Tuffy Gosewich, C Joel Naughton, INF Robb Quinlan, RHP Michael Schwimer, RHP Michael Stutes and INF-OF Delwyn Young on minor league contracts.

AMERICAN ASSOCIATION

GARY SOUTHSHORE RAILCATS—Signed C John Parham.
WICHITA WINGNUTS—Signed RHP Sean Teague, C Ben Harty, RHP Cole Akins, RHP Brandon Mathes and LHP Eric Gilliland.
WINNIPEG—Signed INF Wilmer Pino and RHP William Jackel. Atlantic League
LONG ISLAND DUCKS—Named Jay Loviglio hitting coach.

BASKETBALL

NBA

LEAGUE OFFICE—Promoted Kerry D. Chandler to executive vice president, Chris Granger to executive vice president, team marketing & business operations, and Danny Meiseles to executive vice president and executive producer, production, programming and broadcasting.
MIAMI HEAT—Reassigned C Dexter Pittman to Sioux Falls (NBADL).
WASHINGTON WIZARDS—Assigned C Hamady Ndiaye to Dakota (NBADL).

FOOTBALL

NFL

DALLAS COWBOYS—Named Jason Garrett coach.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned D Jassen Cullimore to Rockford (AHL).
COLUMBUS BLUE JACKETS—Waived D Mike Commodore and C Kyle Wilson. Placed LW Ethan Moreau on injured reserve. Recalled LW Matt Calvert from Springfield (AHL).
PHOENIX COYOTES—Recalled G Matt Climie from San Antonio (AHL).
TAMPA BAY LIGHTNING—Assigned D Marc-Andre Bergeron to Norfolk (AHL).

NFL

WILD-CARD PLAYOFFS

(All times Eastern)
Saturday's games
NFC
New Orleans at Seattle, 4:30 p.m.
AFC
N.Y. Jets at Indianapolis, 8 p.m.
Sunday's games
AFC
Baltimore at Kansas City, 1 p.m.
NFC
Green Bay at Philadelphia, 4:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	27	7	.794	—
d-Miami	28	9	.757	½
d-Chicago	23	11	.676	4
Orlando	23	12	.657	4½
Atlanta	24	14	.632	5
New York	20	14	.588	7
Indiana	14	18	.438	12
Philadelphia	14	21	.400	13½
Milwaukee	13	20	.394	13½
Charlotte	12	21	.364	14½
Toronto	12	23	.343	15½
Detroit	11	24	.314	16½
New Jersey	10	25	.286	17½
Washington	8	25	.242	18½
Cleveland	8	27	.229	19½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	6	.829	—
Dallas	26	8	.765	2½
d-L.A. Lakers	25	11	.694	4½
d-Utah	24	12	.667	5½
Oklahoma City	23	13	.639	6½
Denver	20	14	.588	8½
New Orleans	21	15	.583	8½
Portland	19	17	.528	10½
Houston	16	19	.457	13
Memphis	16	19	.457	13
Phoenix	14	19	.424	14
Golden State	14	21	.400	15
L.A. Clippers	11	24	.314	18
Minnesota	9	27	.250	20½
Sacramento	7	25	.219	20½

d-division leader
Last night's results
Oklahoma City at Dallas
Denver at Sacramento
Wednesday's results
Toronto 120 Cleveland 105
New Jersey 96 Chicago 94
Orlando 97 Milwaukee 87
Philadelphia 109 Washington 97
Boston 105 San Antonio 103
Charlotte 108 Minnesota 105 (OT)
Golden State 110 New Orleans 103
Portland 103 Houston 100
Atlanta 110 Utah 87
L.A. Clippers 106 Denver 93
L.A. Lakers 99 Phoenix 95
Tonight's games
(All times Eastern)
San Antonio at Indiana, 7 p.m.
Chicago at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Toronto at Boston, 7:30 p.m.
Utah at Memphis, 8 p.m.
Portland at Minnesota, 8 p.m.
Houston at Orlando, 8 p.m.
Miami at Milwaukee, 8:30 p.m.
Cleveland at Golden State, 10:30 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.
New York at Phoenix, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	32	294	250	892	27.9
Stoudemire, NYK	34	340	213	899	26.4
Ellis, GOL	35	333	163	888	25.4
Bryant, LAL	36	315	226	905	25.1
Wade, MIA	35	301	242	875	25.0
James, MIA	37	311	248	918	24.8
Anthony, DEN	27	228	185	656	24.3
Nowitzki, DAL	29	260	153	700	24.1
Rose, CHI	33	296	136	784	23.8
Gordon, LAC	33	258	203	775	23.5
Martin, HOU	35	235	263	812	23.2
Williams, UTA	36	255	226	797	22.1
Westbrook, OKC	36	272	239	794	22.1
Beasley, MIN	34	298	118	746	21.9
Griffin, LAC	35	292	173	761	21.7
Bargnani, TOR	29	234	116	620	21.4
Howard, ORL	33	244	217	705	21.4
Granger, IND	31	228	133	655	21.1
Gay, MEM	33	268	115	695	21.1
Love, MIN	36	250	208	756	21.0
Aldridge, POR	36	287	142	719	20.0
Scola, HOU	35	282	113	677	19.3
Randolph, MEM	31	241	112	597	19.3
Pierce, BOS	34	226	149	646	19.0
Ginobili, SAN	35	202	167	656	18.7
Lopez, NJN	35	234	187	655	18.7
West, NOR	35	263	120	648	18.5
Bosh, MIA	37	259	161	682	18.4
Jackson, CHA	31	200	108	571	18.4

Not including last night's games

FOOTBALL

NCAA

BOWL GAMES

(All times Eastern)
Last night's result
GODADDY.COM BOWL
At Mobile, Ala.
Miami (Ohio) vs. Middle Tennessee
Tonight's game
COTTON BOWL
At Arlington, Texas
Texas A&M (9-3) vs. Louisiana State (10-2), 8 p.m.
Tomorrow's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (7-5) vs. Kentucky (6-6), Noon
Sunday's game
FIGHT HUNGER BOWL
At San Francisco
Boston College (7-5) vs. Nevada (12-1), 9 p.m.
Monday's game
BCS NATIONAL CHAMPIONSHIP
At Glendale, Ariz.
Auburn (13-0) vs. Oregon (12-0), 8:30 p.m.

TENNIS

WTA TOUR ASB CLASSIC

At Auckland, New Zealand
Singles
Quarter-finals
Greta Arn, Hungary, def. Maria Sharapova (1), Russia, 6-2, 7-5.
Yanina Wickmayer (2), Belgium, def. Simona Halep, Romania, 6-0, 6-2.
Julia Goerges (4), Germany, def. Kateryna Bondarenko, Ukraine, 5-7, 6-2, 6-2.
Peng Shuai, China, def. Heather Watson, Britain, 6-4, 7-5.

BRISBANE INTERNATIONAL

At Brisbane, Australia
Men
Singles
Second Round
Robin Soderling (1), Sweden, def. Michael Berrer, Germany, 6-3 7-6 (7).
Matthew Ebden, Australia, def. Denis Istomin (8), Uzbekistan, 6-4, 6-4.
Quarter-finals
Andy Roddick (2), U.S., def. Marcos Baghdatis (5), Cyprus, 6-2, 6-3.
Kevin Anderson, South Africa, def. Santiago Giraldo, Colombia, 2-6, 6-3, 6-4.

ATP CHENNAI OPEN

At Chennai, India
Singles
Second Round
Stanislas Wawrinka (3), Switzerland, def. David Goffin, Belgium, 7-6 (3), 7-6 (3).
Janko Tipsarevic (6), Serbia, def. Alexandre Kudryavtsev, Russia, 6-2, 7-6 (3).
Robin Haase (8), Netherlands, def. Yuichi Sugita, Japan, 4-6, 6-3, 6-4.
Kei Nishikori, Japan, def. Alejandro Falla, Colombia, 4-6, 6-3, 6-2.

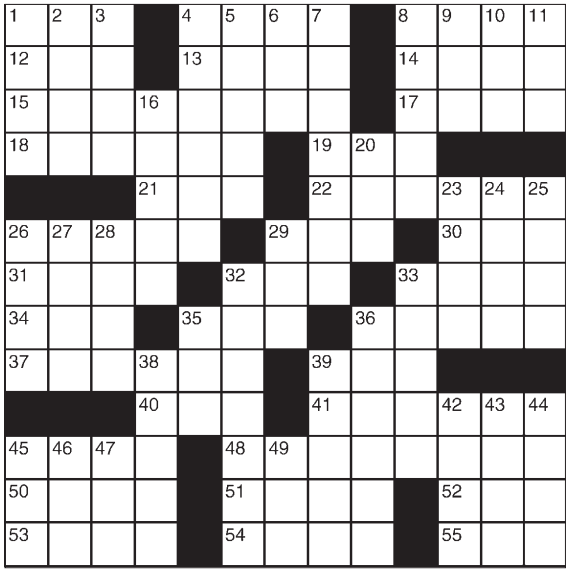
SOCCER

SPAIN

COPA DEL REY

Second Leg
Round of 16
Yesterday's results
Espanyol 1 Atletico Madrid 1
(Atletico Madrid advances on 2-1 aggregate)
Getafe 1 Real Betis 3
(Real Betis advances 4-3)
Levante 2 Real Madrid 0
(Real Madrid advances 8-2)
Mallorca 3 Almeria 4
(Almeria advances 8-6)
Villarreal 4 Valencia 2
(Villarreal advances 4-2)

Crossword



Across

1 Recipe meas.
4 Chops
8 Partner of Peter and Mary
12 Overwhelm
13 Tiny bit
14 Grooving on
15 Exaggerated advertising
17 Favourable votes
18 Computer-use period
19 X rating?
21 Neither's mate
22 Big bother
26 Virago
29 Corral
30 Moray, for one
31 Pork cut
32 Tavern
33 Corporate symbol
34 Regis and Kelly's network
35 Weep
36 Feel
37 Attention-getting call
39 Sine — non
40 Suitable
41 Sans celebration
45 Lash
48 Pokey
50 Aid
51 Pennsylvania port
52 Actress Myrna
53 Unmatched
54 Landlord's due
55 B&B

Down

1 Forbidden (Var.)
2 Trade
3 Hide
4 Pile-up area in a barn
5 Former anesthetic
6 Court
7 Suffocate
8 Schroeder's instrument
9 Whatever number
10 Salt Lake athlete
11 Part of UCLA
16 Irish export
20 A billion years
23 Drudge
24 Stamina
25 Lotion additive
26 Dispatch
27 Vagrant
28 Puerto — occupant
29 Remuneration
32 "Whew!"
33 Draft in an apartment?
35 Police officer
36 Western event
38 Glad
39 Keystone of an arch
42 Wrinkly fruit
43 Lunchtime, maybe
44 17th-century actress Nell
45 Personal question?
46 Coop
47 Under the weather
49 Raw rock

▶ Yesterday's answer

D	O	N	S	■	E	N	S	■	E	G	G	S
O	P	A	H	■	R	O	T	■	P	E	E	P
G	E	T	R	E	A	D	Y	■	E	T	N	A
S	C	O	U	R	S	■	L	A	R	G	E	R
■	■	■	G	N	U	■	E	R	G	O	■	■
G	A	G	■	E	R	A	■	K	N	I	F	E
O	N	E	S	■	E	L	F	■	E	N	D	S
P	O	T	T	S	■	I	I	I	■	G	A	P
■	■	A	R	I	D	■	R	O	N	■	■	■
A	S	H	O	R	E	■	S	T	Y	M	I	E
J	E	E	P	■	G	E	T	A	L	O	N	G
A	M	A	H	■	A	L	L	■	O	R	S	O
R	I	D	E	■	S	K	Y	■	N	E	T	S

Sudoku

8			4	9	1			5
	3				5	2		
				2				
3		9					4	
	7	4				8	6	
	8					1		2
				4				
		8	5				2	
2			1	3	7			6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

3	7	5	2	1	8	9	6	4
9	4	6	7	3	5	2	8	1
1	2	8	9	6	4	5	3	7
4	1	9	6	7	3	8	5	2
8	3	2	5	9	1	4	7	6
6	5	7	8	4	2	3	1	9
5	9	4	1	8	7	6	2	3
2	6	1	3	5	9	7	4	8
7	8	3	4	2	6	1	9	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

How can my high school sweetheart be turning 50? Anthony, twenty five years ago, I told you I would take you to Vegas for your 50th. Well pack your lucky shorts honey, cause I always keep my promises! **LOVE TAMMY**

I wish to send a special hello to Ripple Centre with all my love from the bottom of my hearth. **EDGAR**

Dearest Ammu kutty, I want to be the first person to wish you a very happy birthday. Love you chellam. Suganthi aunty
THANK YOU, SU

To Susie Q,
Sweet gal from Super Mare! You'll have more time to ride your gelding Tazz, but our hallways will be naked, lacking your radiant ambiance that flows like nectarous honey. Forget us not mellifluous lady as you move into the years of your prime. **LUV CI**

Today -4°/-9° Light snow 80%
Saturday -5°/-8° Light snow 70%
The Weather Network Download Weatherlye to your smartphone.
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Someone a little bit exotic will come into your life either today or over the weekend and you just might fall head over heels for them.

♉ Taurus April 21-May 21 If you need to sort out your financial situation you have no alternative but to meet others halfway, even if it means you end up with slightly less than you think you deserve.

♊ Gemini May 22-June 21 A relationship has been but under quite a bit of strain in recent weeks, but the good news is that love planet Venus is now very much on your side, so you can kiss and make up in no time at all. Get kissing!

♋ Cancer June 22-July 22 Focus on what is in front of you at this moment in time and put wishful thinking behind you, at least for a while. Take care of practical matters and let the cosmic powers that be take care of your dreams.

♌ Leo July 23-Aug.23 Venus moves into the most decisive and dynamic area of the sky today, making it easy to do something of consequence with your creative potential.

♍ Virgo Aug. 24- Sept. 22 You may have to turn down a social invitation in order to spend time with someone who needs your emotional support. They've been there for you in the past, now it's your turn to lend a hand.

♎ Libra Sept. 23-Oct. 23 Venus, your ruler and planet of love, moves into the most open and outgoing area of your chart today, so Friday night is most definitely party night.

♏ Scorpio Oct. 24-Nov. 22 You will be tempted to throw your cash around like it's just worthless bits of paper – which is not like you at all. Could it be you have discovered there is something more important than money?

♐ Sagittarius Nov. 23-Dec. 21 Venus, planet of emotional and material values, moves into your sign today and you will feel lighter on just about every level. Whatever has been worrying you will make you laugh.

♑ Capricorn Dec. 22-Jan. 20 You're not usually the sort to fall for a sob story but someone who comes to you with a tale of woe today will get your full attention.

♒ Aquarius Jan. 21-Feb. 18 Make good use of your talent for getting people with very different personalities to work together toward a common goal. Take the lead and show them how much can be achieved if, for once, you all pull in the same direction.

♓ Pisces Feb. 19-March 20 Get tough with someone who is giving you a hard time. You may be a nice guy by nature but you don't have to put up with this sort of nonsense.
SALLY BROMPTON

Caption contest

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.

WONG MAYE-E/ THE ASSOCIATED PRESS

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Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy for total length of stay. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change. sqv=sunquest, ws=westjet. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

LOOK AGAIN

SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Barcelona, Spain – A local street performer shows-off his fire-blowing skills in the city square. Hoola girl might be momentarily amused, but we're pretty sure she'll go back to checking out the all-new 2011 Chevrolet Cruze.

CHEVROLET

DON'T JUST DRIVE.
CRUZE
The All-New 2011 Chevrolet Cruze.

1. Image of girl added up in balcony 2. Link on shoulder in vest removed 3. Window removed to left of red window 4. Chevrolet Cruze passenger-side door handle removed 5. Short post behind fire eater removed 6. Lower red stripe on guy's shirt removed 7. Right flower cutout above door removed 8. Part of hoola-hoop removed 9. Tattoo added to guy's neck 10. Flower added to fire breather's hat

CAM4 presents

sexapalooza

explore. excite. enjoy.

explore
the adult fun show

excite
your love life

enjoy
free with your admission

- main stage entertainment
- product demonstrations
- workshops & seminars
- dungeon showcase
- movies & videos
- alley of fantasy
- bodypainting
- sex museum
- fun contests
- door prizes
- shopping
- & so much more!

ottawa
january
14-16, 2011

location
Lansdowne Park
Salons A-E
1015 Bank St.

hours
fri:5-midnight
sat:12-midnight
sun:12-5pm

cost
$20 at the door
order tickets
online & SAVE $5

www.sexapalooza.ca

Admittance restricted to 19 years and older. Licensed event. Please party responsibly.
Produced by Black Kat Enterprises.

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